

SCHEDA ALLENAMENTO MARCO BONANNO UOMO 09



SCHEDA DI ALLENAMENTO MARCO BONANNO

SCHEDA 4 - INIZIO 6 MARZO

GIORNI DI ALLENAMENTO

[GIORNO 1](#)

[GIORNO 2](#)

[GIORNO 3](#)

GIORNO 1

[- CARDIO](#)

[RISCALDAMENTO](#)

[Clicca qui](#)

[- ADDOMINALI](#)

[Clicca qui](#)

[- PETTORALI](#)

[Clicca qui](#)

[- BICIPITI](#)

[- AVAMBRACCI](#)

[Clicca qui](#)

GIORNO 2

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- DORSALI

[Clicca qui](#)

- TRICIPITI

[Clicca qui](#)

GIORNO 3

- CARDIO

RISCALDAMENTO

[Clicca qui](#)

- ADDOMINALI

[Clicca qui](#)

- SPALLE

[Clicca qui](#)

- GAMBE

[Clicca qui](#)

GIORNO 1

CARDIO - RISCALDAMENTO

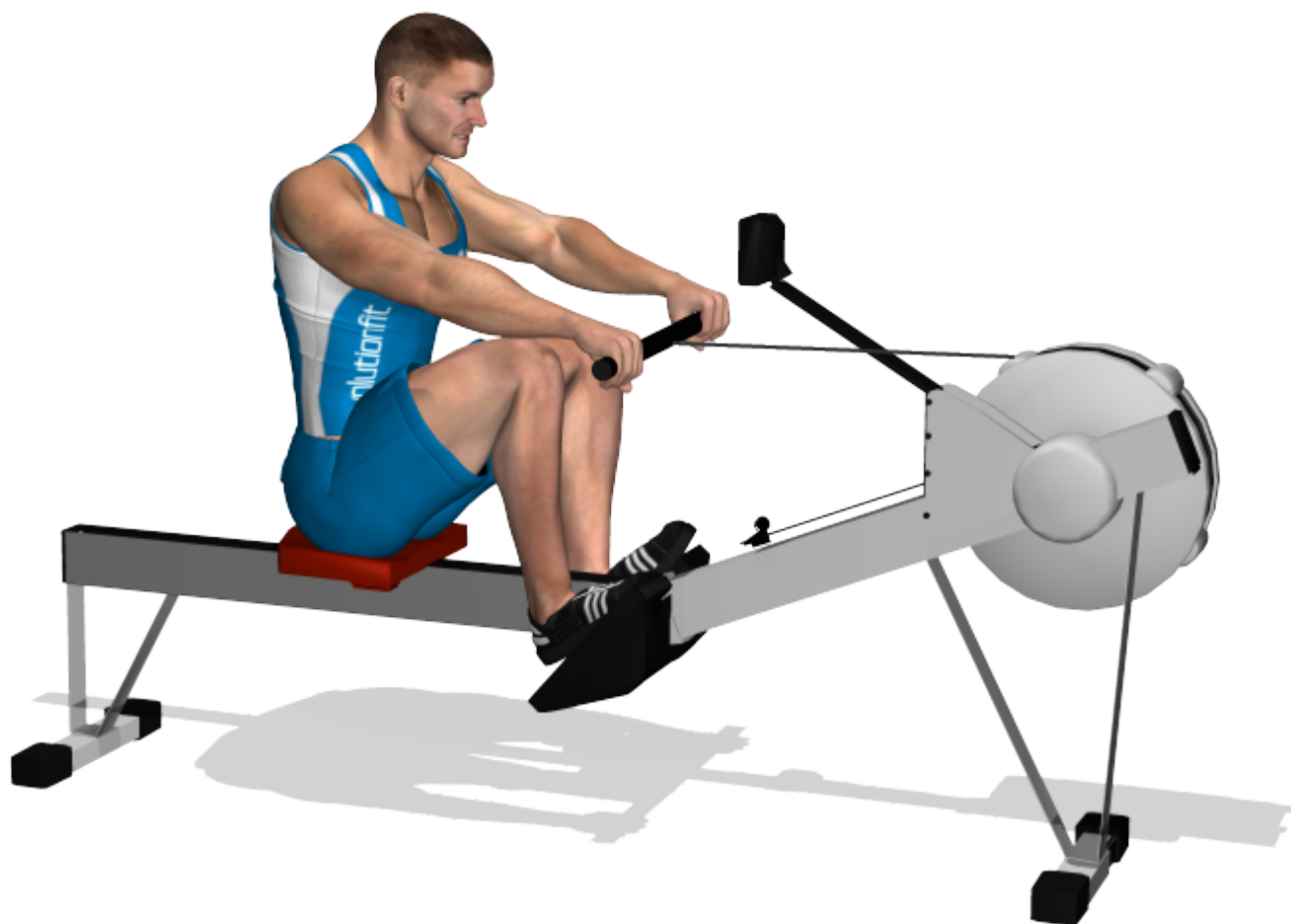
TAPIS ROULANT

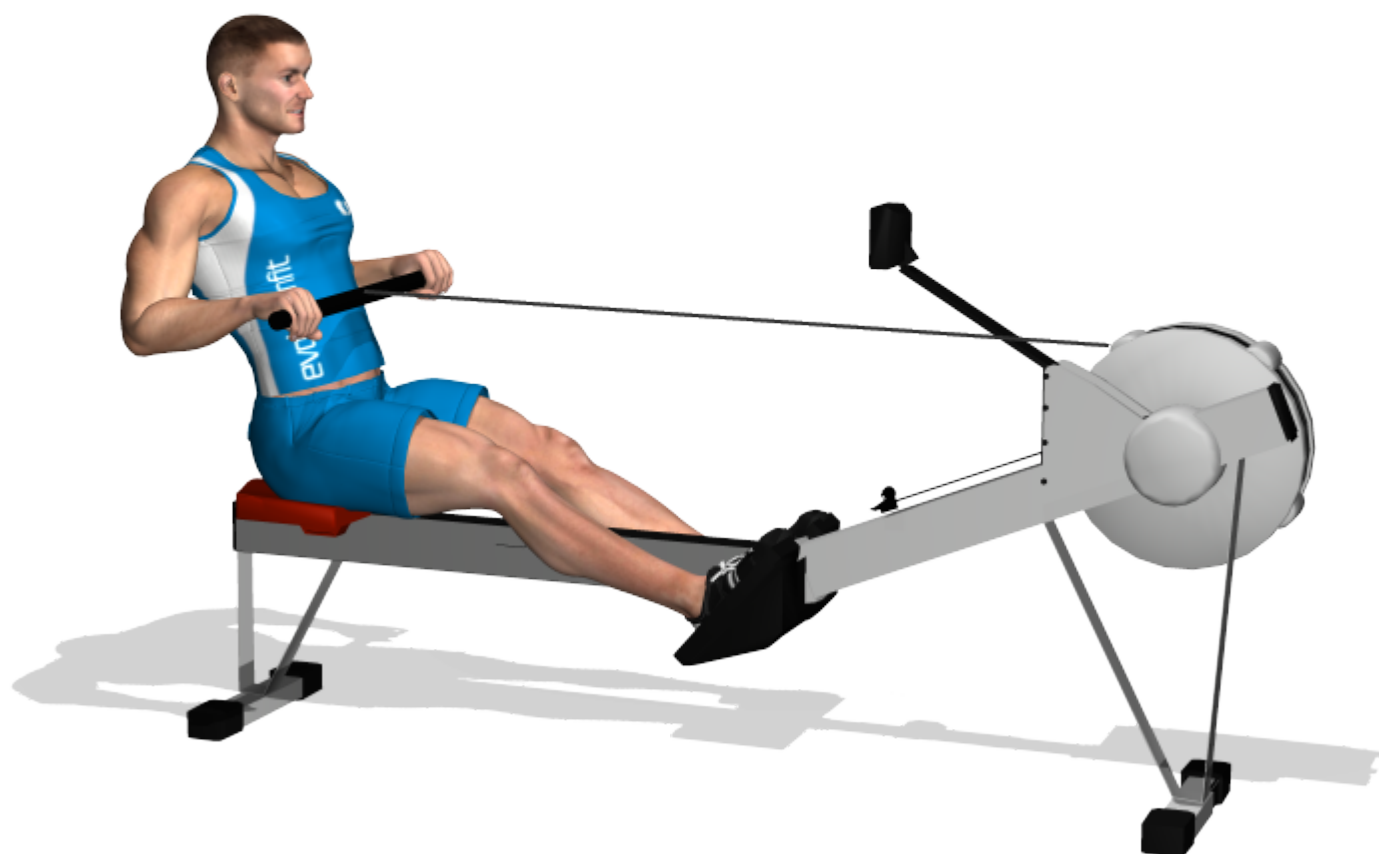
MINUTI: 15



VOGATORE

2 KM





ELLITTICA

MINUTI: 20

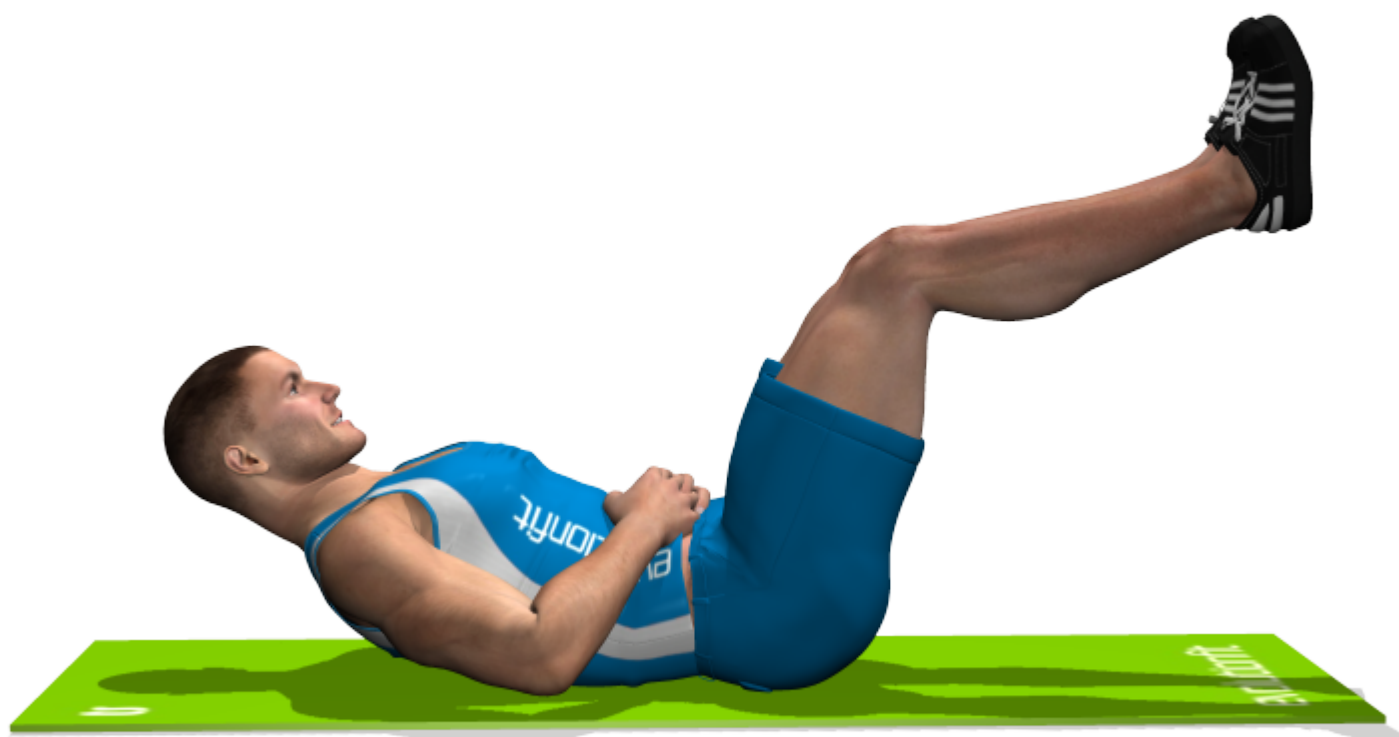


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

CRUNCH A TERRA

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)

PETTORALI

PANCA PIANA BILANCIERE

SERIE: 4X12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PANCA-PIANA-BILANCIERE.mp4>

CHEST PRESS INCLINATA / SPINTE MANUBRI SU PANCA INCLINATA

SERIE: 4X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CHEST-INCLINE.mp4>

CROCI MANUBRI PANCA PIANA

SERIE: 3x12

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CROCI-MANUBRI-PANCA-PIANA.m
p4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CROCI-MANUBRI-PANCA-PIANA.mp4)

BICIPITI - AVAMBRACCI

CURL MANUBRI SCHIENA IN APPOGGIO

SERIE: 3x12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-MANUBRI-SCHIENA-IN-APP-OGGIO.mp4>

CURL MANUBRI MARTELLO

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/CURL-MANUBRI-MARTELLLO.mp4>

CURL CONCENTRATO UN MANUBRIO

SERIE: 3x10

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU
BRIO.mp4](https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CURL-CONCENTRATO-UN-MANU-BRIO.mp4)

GIORNO 2

CARDIO - RISCALDAMENTO

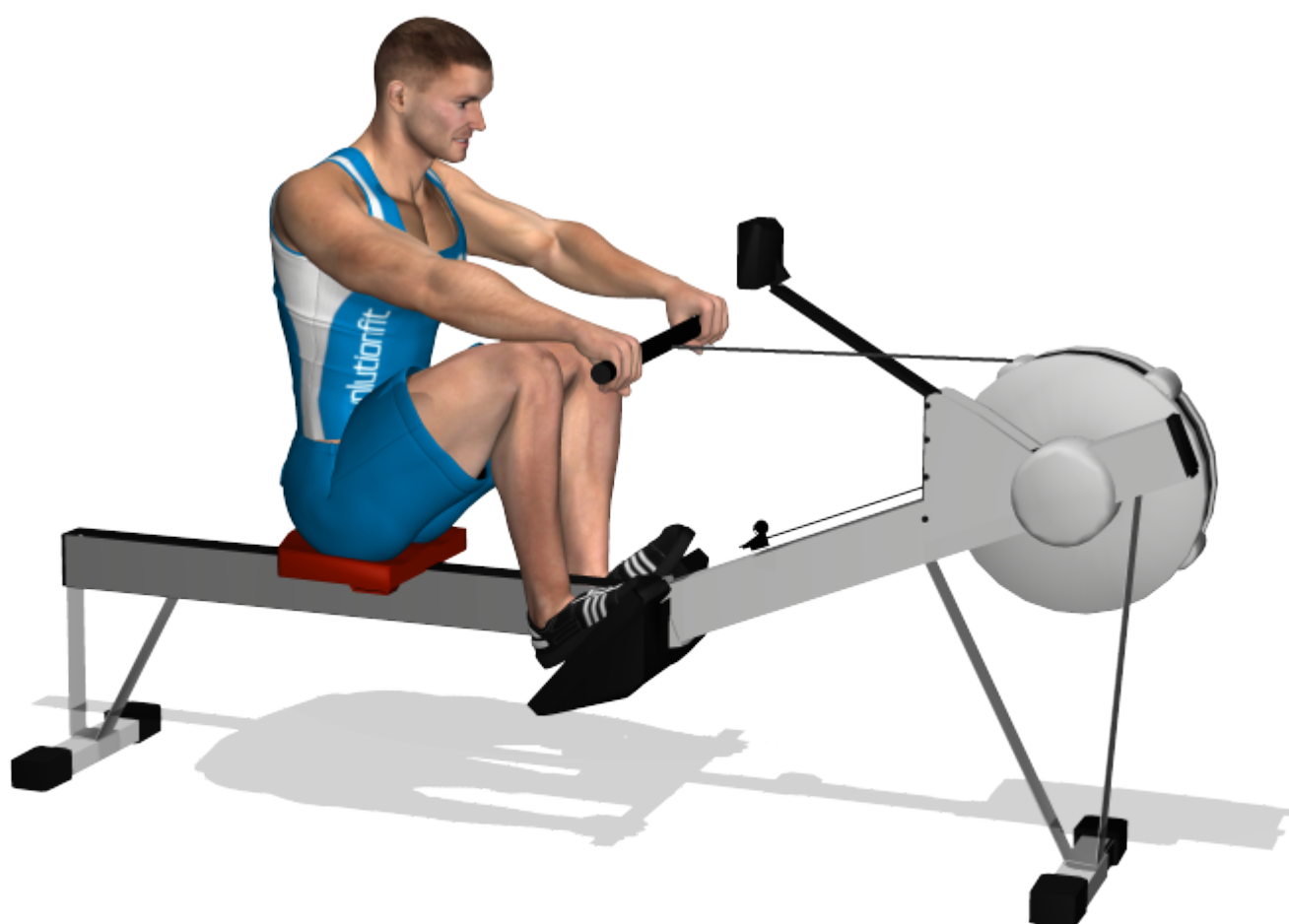
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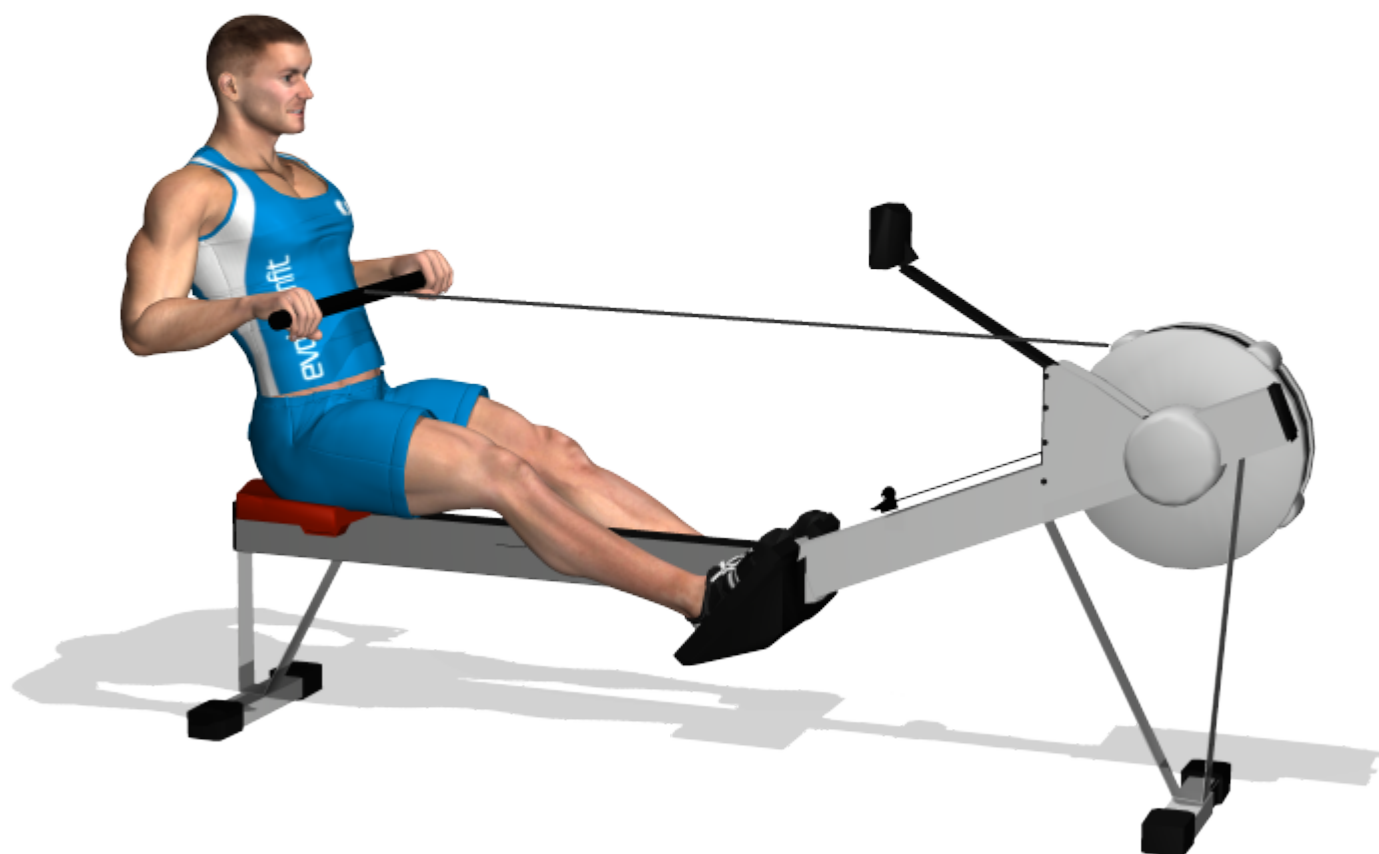
MINUTI: 15



VOGATORE

2 KM





ELLITTICA

MINUTI: 20

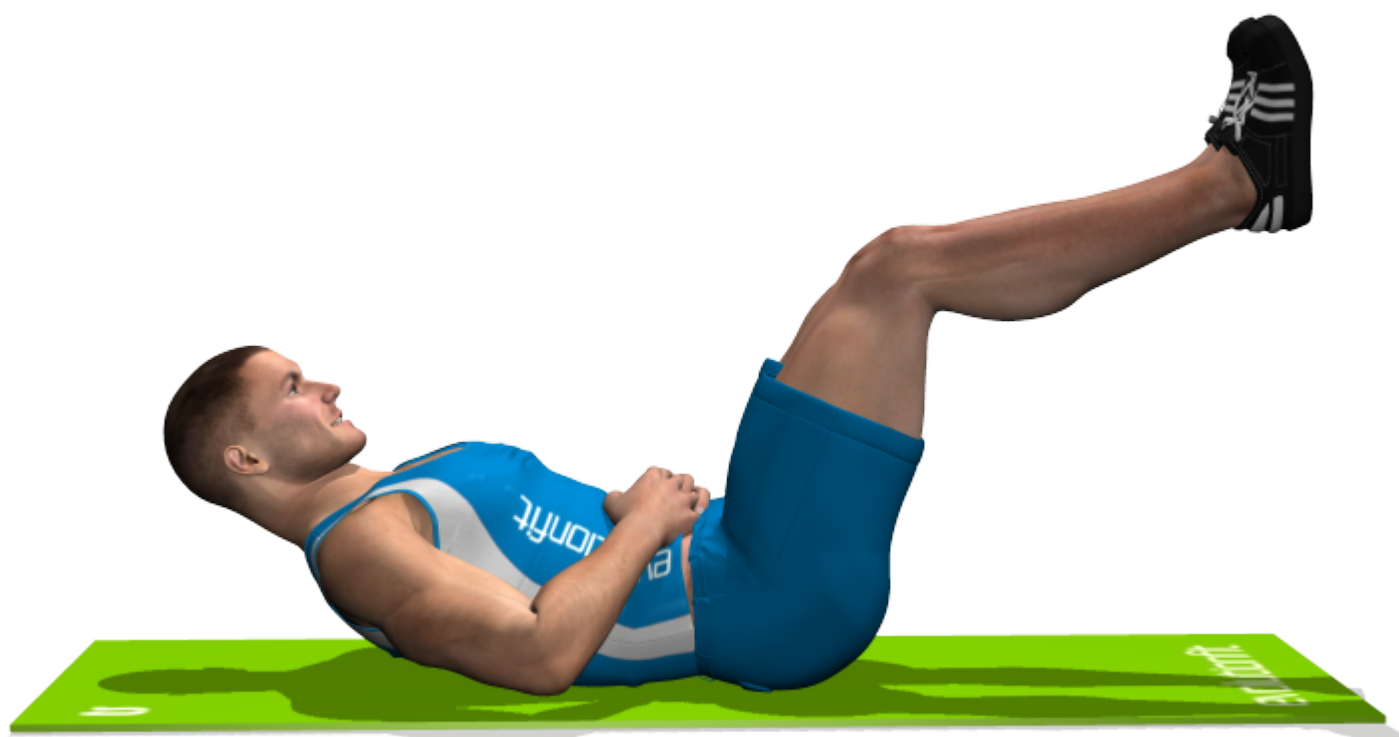


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

CRUNCH A TERRA

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI





[https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.m](https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ADDOMINALI-ALLE-PARALLELE.mp4)
p4

DORSALI

LAT MACHINE AVANTI

SERIE: 4X12

REST: 60 SECONDI



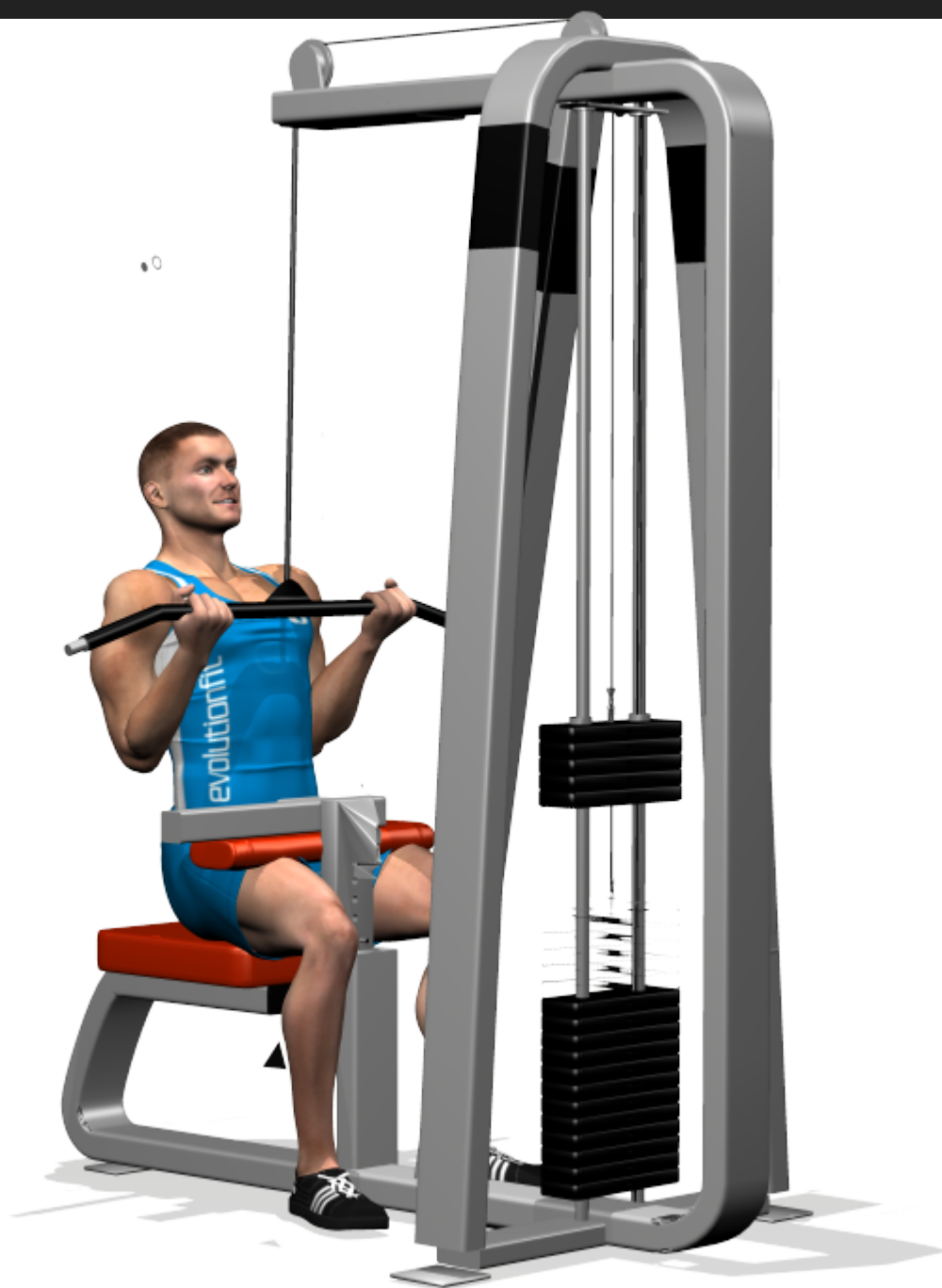


<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LAT-MACHINE-AVANTI.mp4>

LAT MACHINE INVERSA

SERIE: 3x12

REST: 60 SECONDI



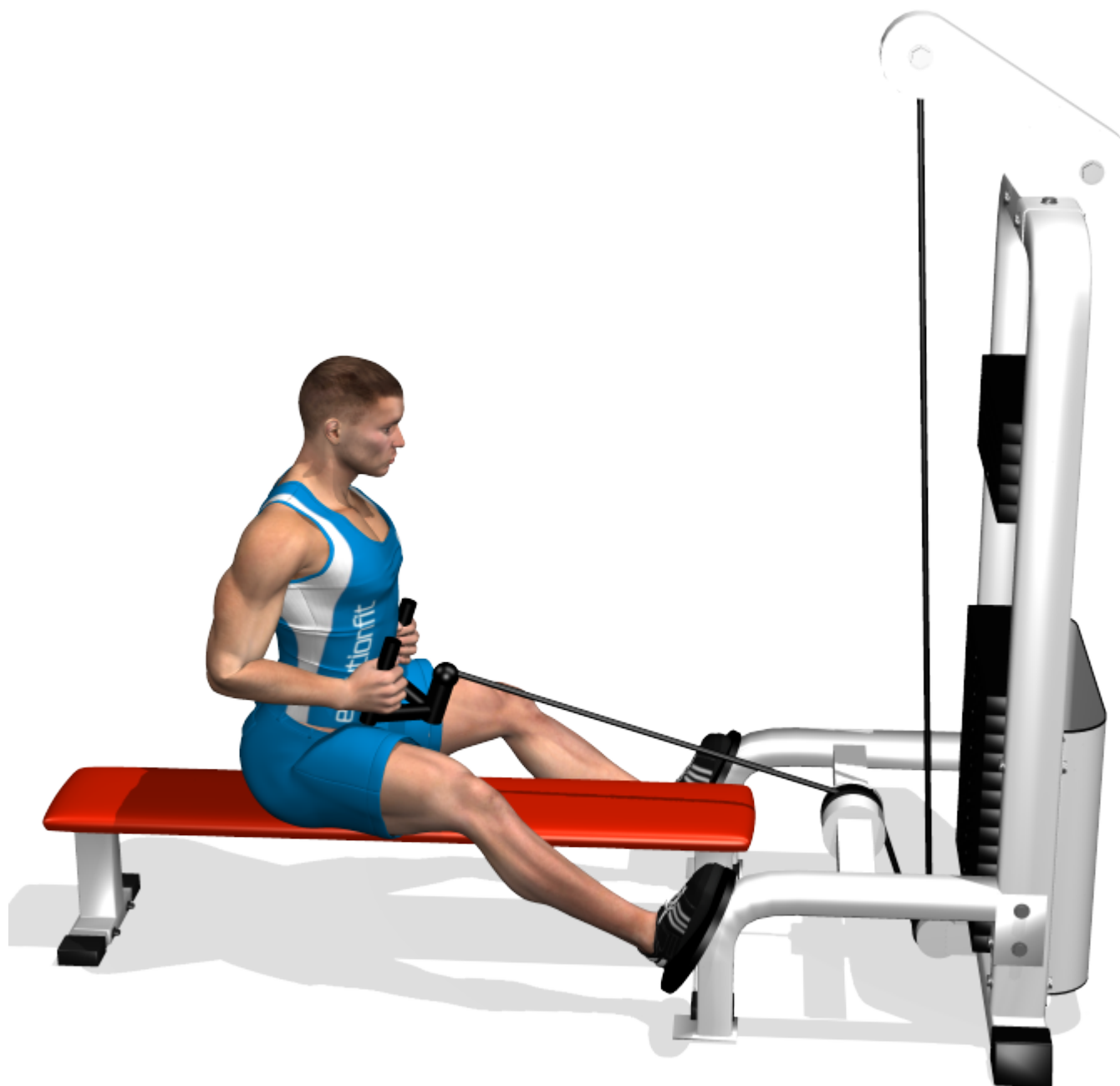


PULLEY ROW

SERIE: 3X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/PULLEY-ROW.mp4>

REMATORE MANUBRIO SU PANCA

SERIE: 3X10

REST: 60 SECONDI





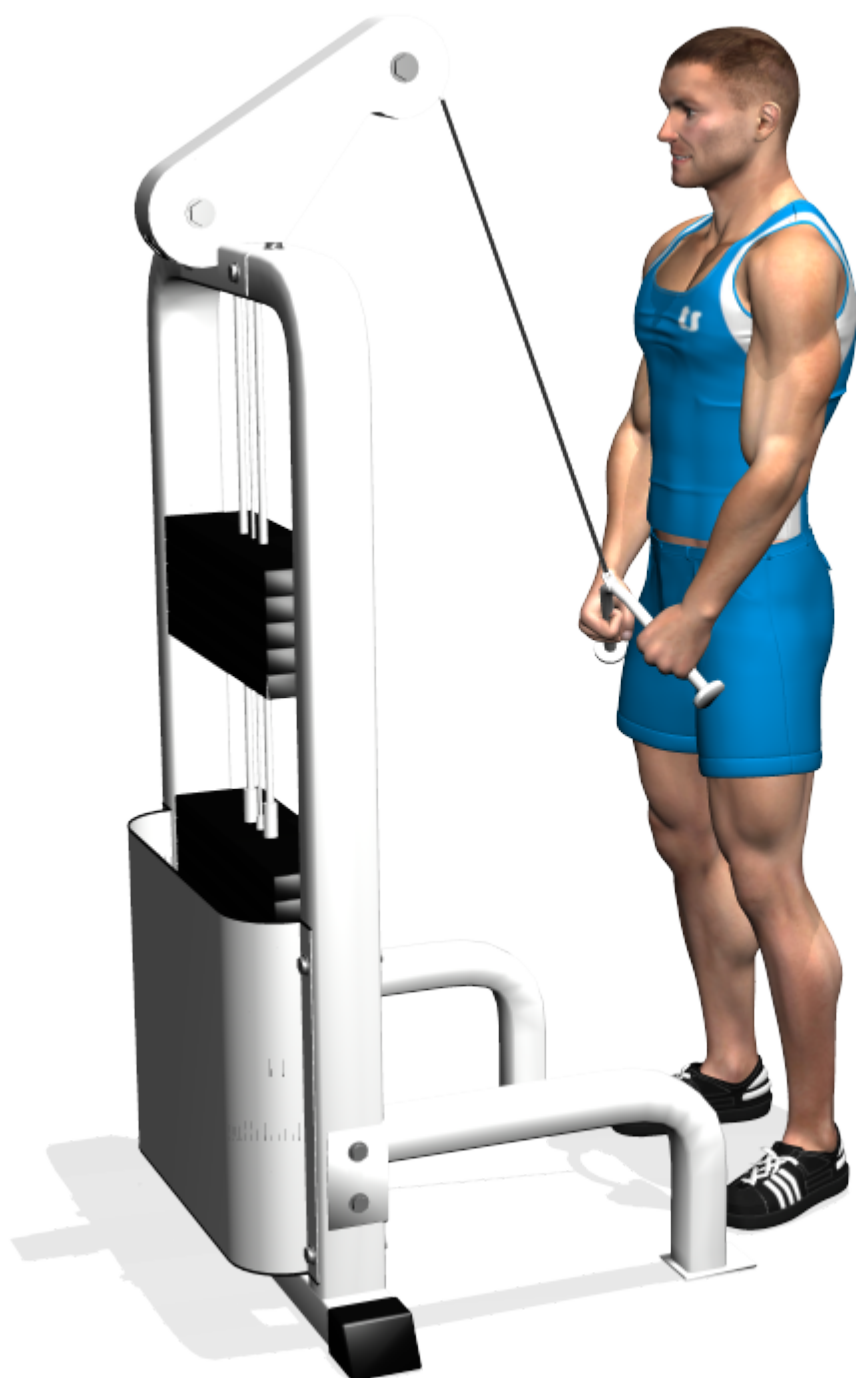
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A.mp4

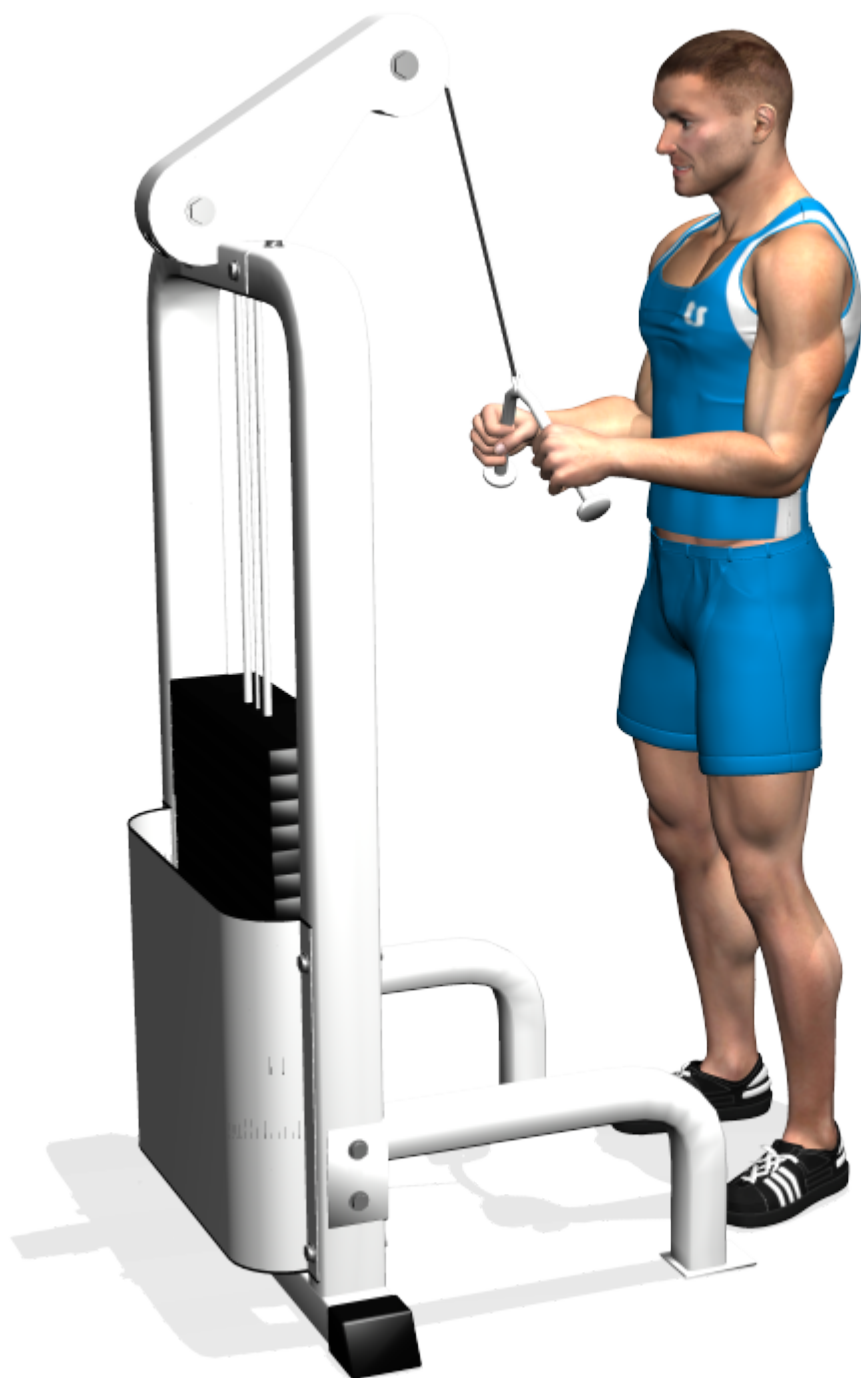
TRICIPITI

PULLEY ALTO

SERIE: 3X12

REST: 60 SECONDI

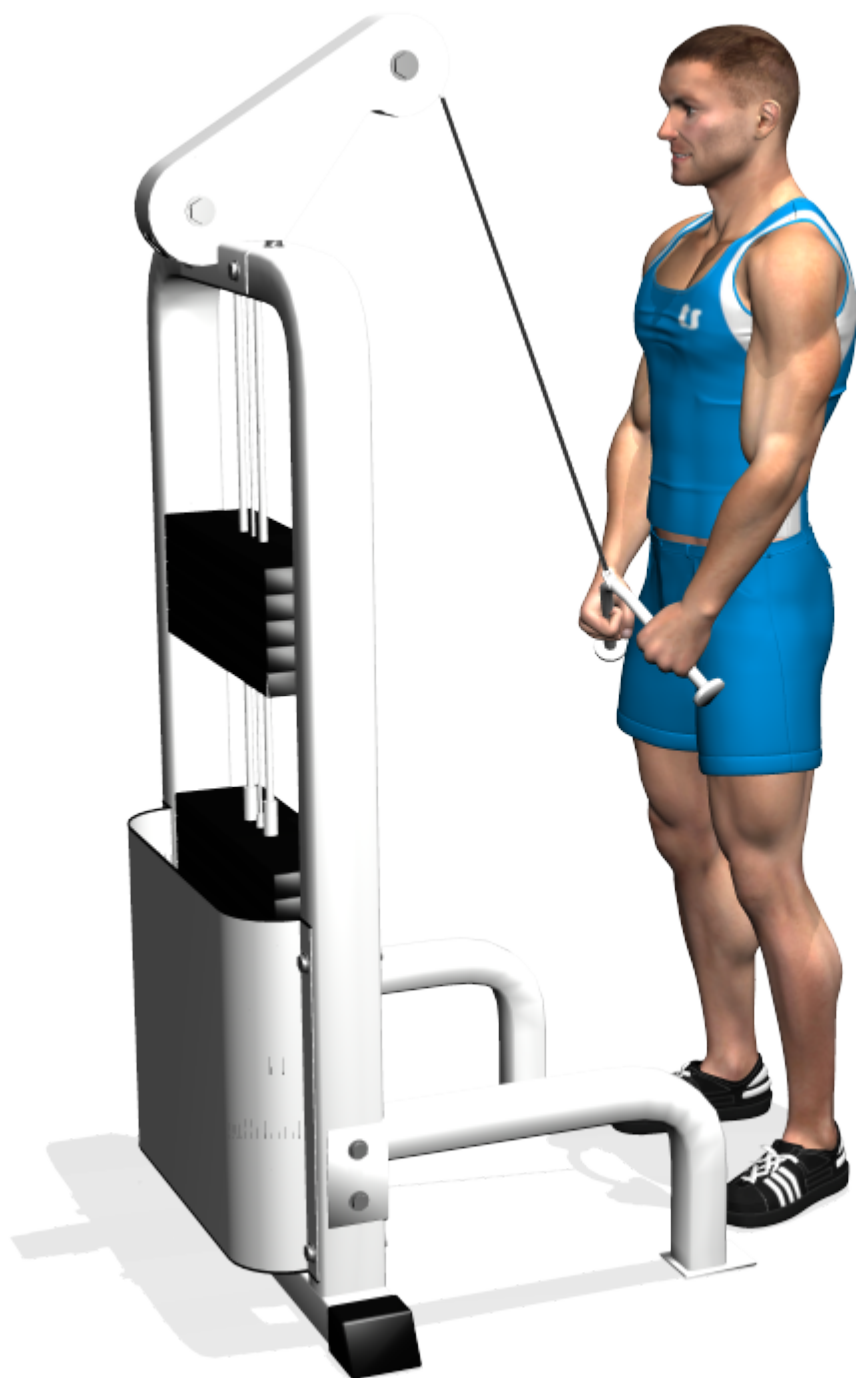


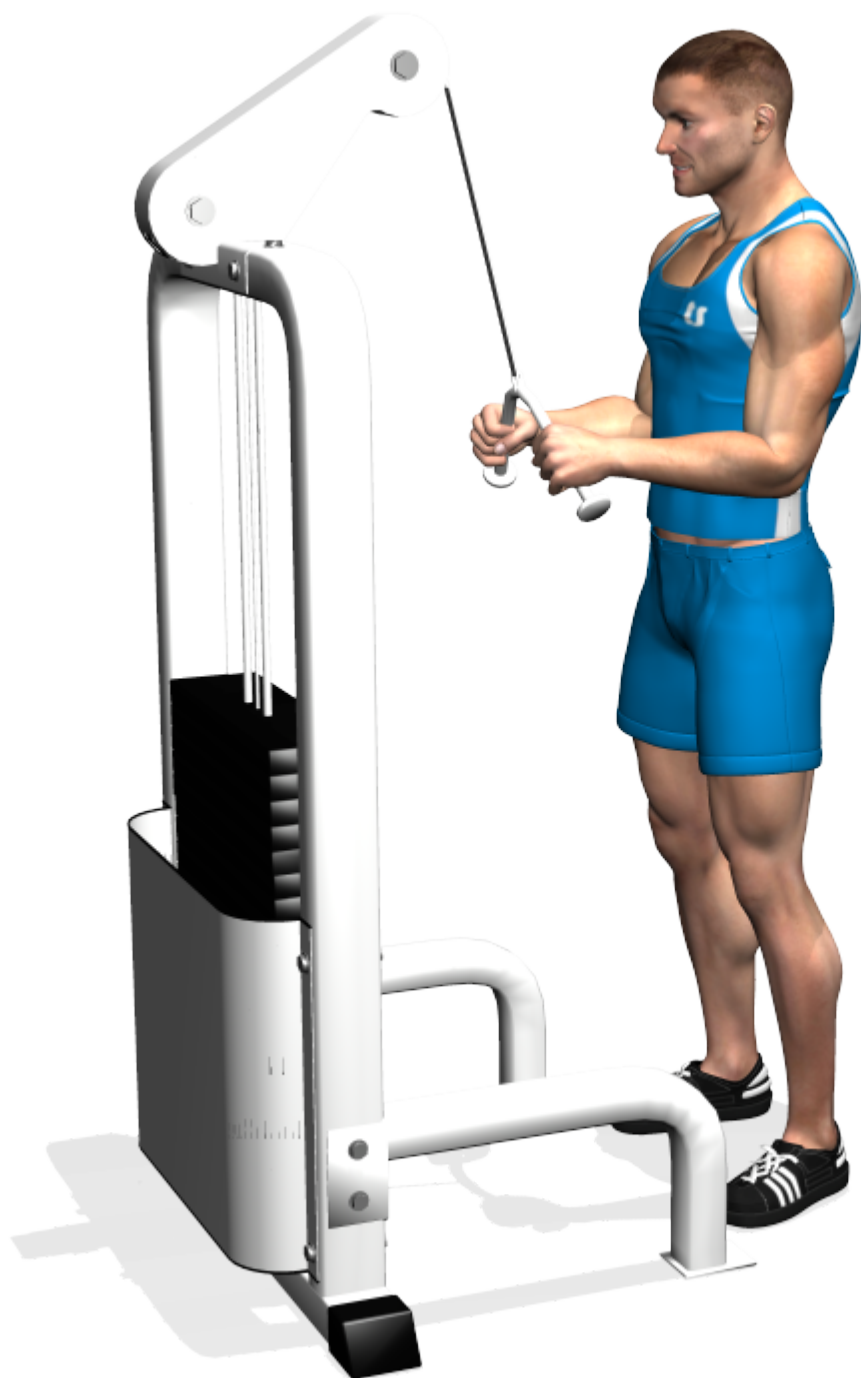


CORDA

SERIE: 3X12

REST: 60 SECONDI





KICK BACK SEDUTO UN MANUBRIO

SERIE: 4X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/KICK-BACK-UN-MANUBRIO.mp4>

GIORNO 3

CARDIO - RISCALDAMENTO

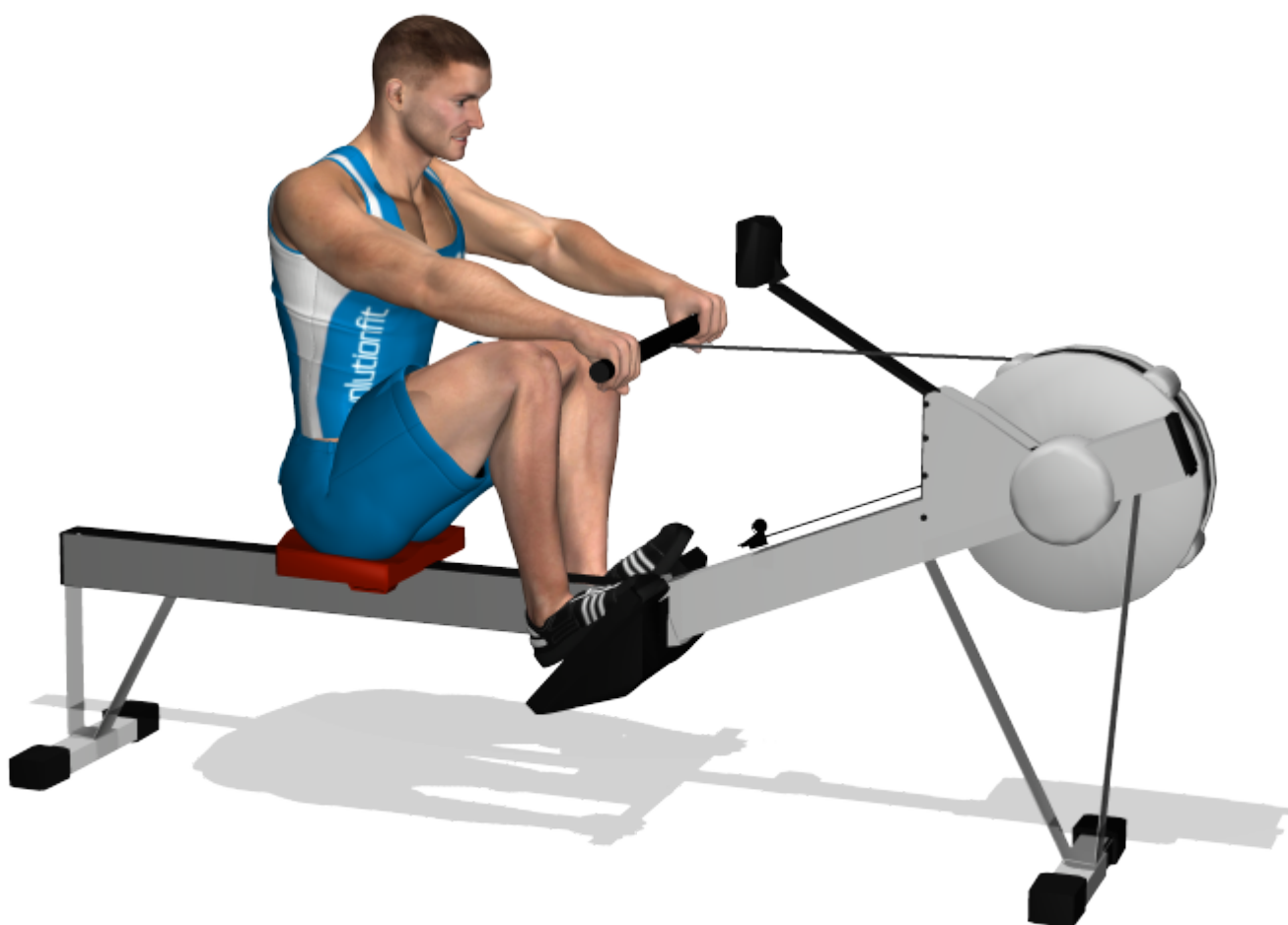
TAPIS ROULANT

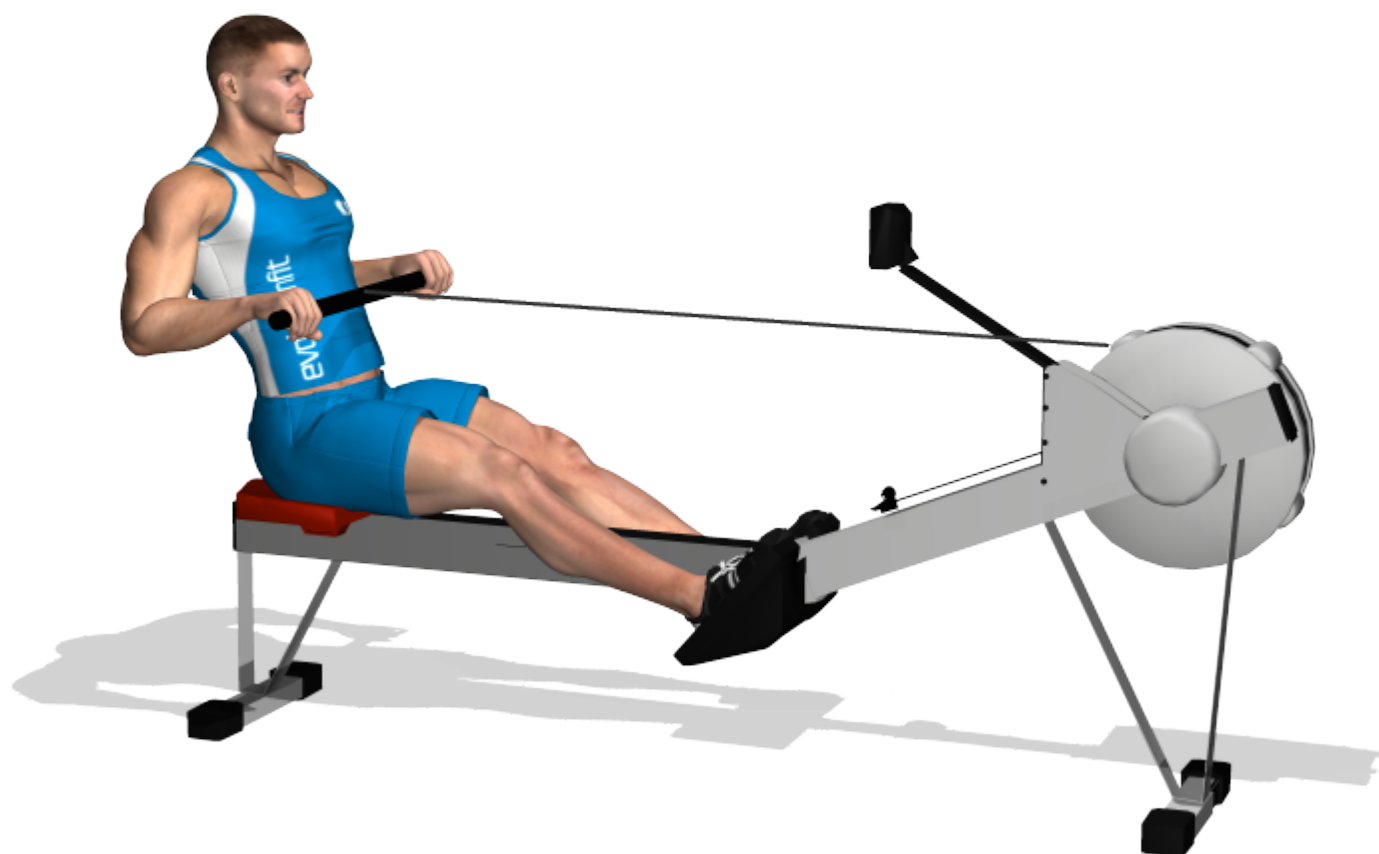
MINUTI: 15



VOGATORE

2 KM





ELLITTICA

MINUTI: 20

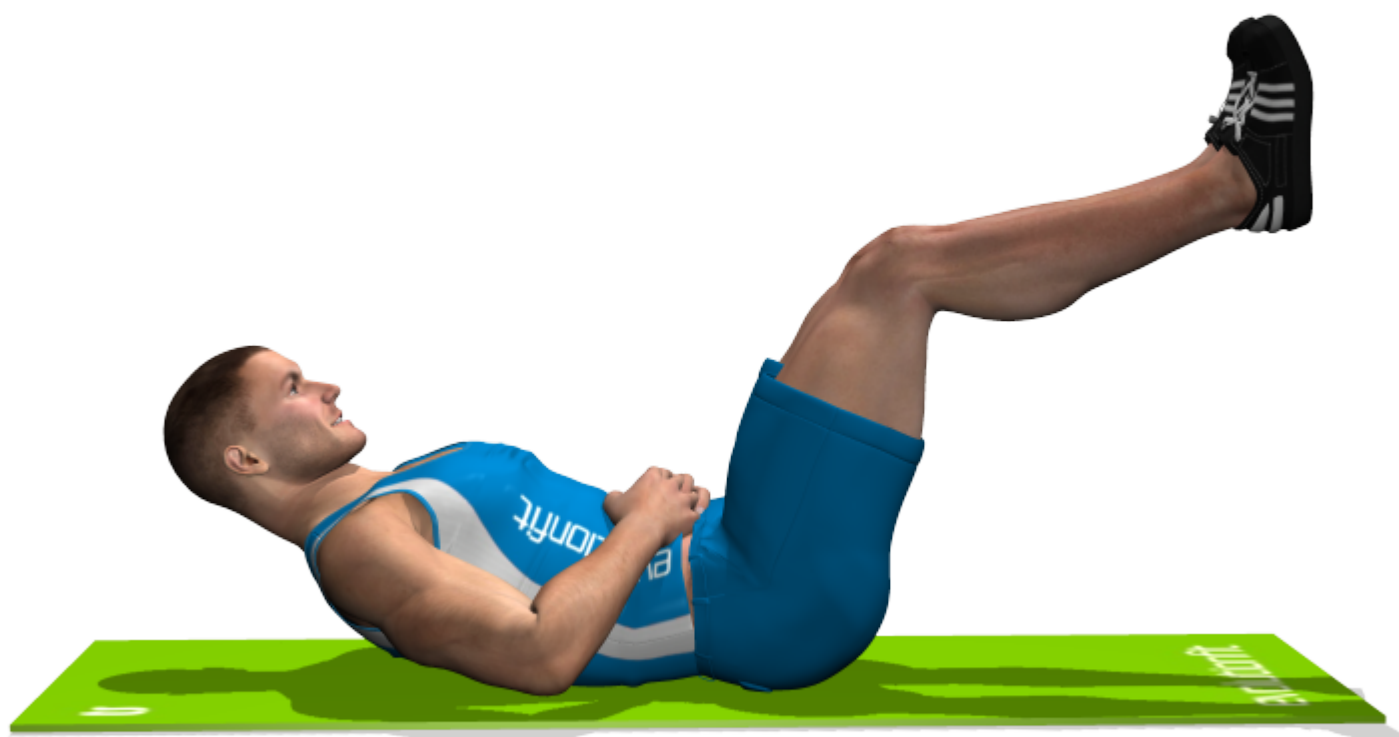


ADDOMINALI

REVERSE CRUNCH

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/REVERSE-CRUNCH.mp4>

CRUNCH A TERRA

SERIE: 3x20

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CRUNCH-A-TERRA.mp4>

ADDOMINALI ALLA PARALLELE

SERIE: 3x20

REST: 60 SECONDI





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p4

SPALLE

ALZATE LATERALI SEDUTO

SERIE: 3x12

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-LATERALI-SEDUTO.mp4>

ALZATE FRONTALI PANCA INCLINATA

SERIE: 3X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/ALZATE-FRONTALI-PANCA-INCLINATA-2-MANUBRI-.mp4>

SPINTE SEDUTO MANUBRI

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/SPINTE-SEDUTO-MANUBRI.mp4>

GAMBE

LEG PRESS ORIZZONTALE

SERIE: 4X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-PRESS-ORIZZONTALE.mp4>

AFFONDI SAGITTALI MANUBRI

SERIE: 3x10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/AFFONDI-SAGITTALI-MANUBRI.mp4>

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LEG EXTENSION

SERIE: 3X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/LEG-EXTENSION.mp4>

HACK SQUAT

SERIE: 3X10

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/09/HACK-SQUAT.mp4>

CALF MACHINE SEDUTO

SERIE: 3X25

REST: 60 SECONDI





<https://virtualfitnesspalermo.it/wp-content/uploads/2021/08/CALF-MACHINE-SEDUTO.mp4>

